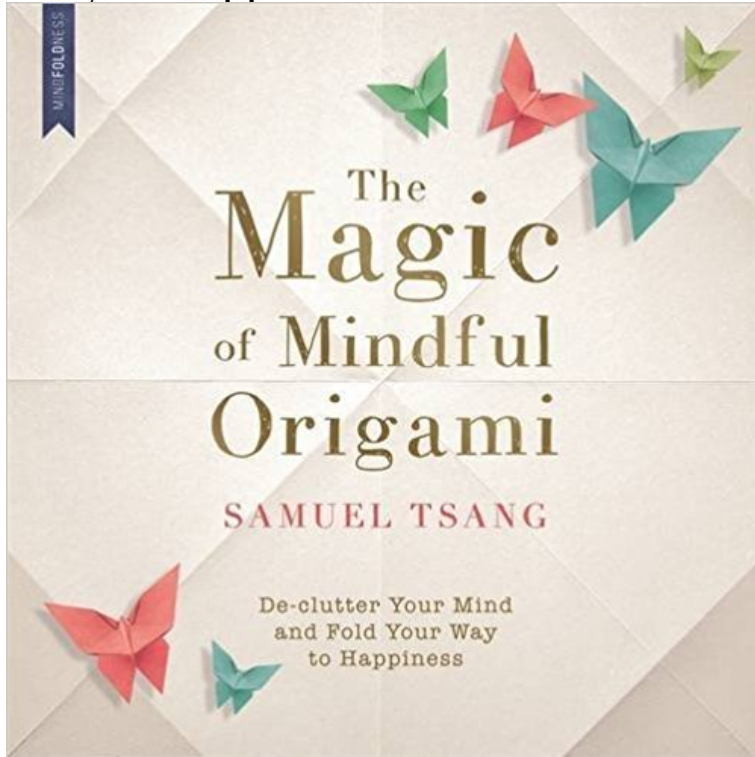


The Magic of Mindful Origami: De-Clutter Your Mind and Fold Your Way to Happiness



Origami is the Japanese art of paper folding and has been shown to encourage mindfulness, creativity, and hand-eye co-ordination. Great for meditation and promoting relaxation, origami is often considered to be yoga for the mind. Most of the time we allow our attention to drift and wander at will, often leading to worry, stress and anxiety. In the sequel to *The Book of Mindful Origami*, Samuel Tsang shares 16 brand new models to encourage meditation, dispel negativity, and encourage the magic of mindfulness into your daily routine. By folding paper and producing beautiful models, we start to unfold our minds and begin our journey to mindfulness. Including easy-to-follow step-by-step instructions as well as brand new meditation topics, *The Magic of Mindful Origami* will take your folding to the next level and help you exercise your mind, restore calm, and bring you back into the present. Why not try mindful origami with your family, friend or loved one, and share your creations with each other? Think of these models as a mindful gift to make others happy with a small gesture of kindness.

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